🥪🌱 CHICKPEA TUNA SPREAD



A creamy, savory tuna-style chickpea spread with fresh celery and onion for a satisfying crunch—perfect for sandwiches, wraps, or a quick light meal.

Serves 4–6

🥣 INGREDIENTS

- 1 (15-ounce) can chickpeas, drained
- ¼ cup vegan mayonnaise
- ⅓ cup celery, finely chopped
- 2 tablespoons sweet onion, finely chopped
- ½ tablespoon nutritional yeast flakes
- 1 green onion, finely chopped
- 1 teaspoon Bragg Liquid Aminos or low-sodium soy sauce

👩‍🍳 INSTRUCTIONS

1. **Mash the chickpeas**. Place the drained chickpeas in a medium bowl and mash with a fork.
2. **Add the ingredients.** Stir in the vegan mayonnaise, celery, sweet onion, nutritional yeast, green onion, and soy sauce.
3. **Mix well.** Combine thoroughly until creamy and evenly blended.
4. **Serve and enjoy.** Spread on whole-wheat bread with fresh lettuce, or use as a filling for wraps and sandwiches.

🌱 NUTRITION BENEFITS

Chickpeas: Provide plant-based protein and fiber to support fullness and healthy digestion.
Celery: Adds fiber, hydration, and beneficial plant compounds.
Onions: Provide antioxidants and natural plant compounds that support overall health.
Nutritional yeast: Adds savory flavor along with B vitamins and additional nutrients.

📊 NUTRITION INFORMATION

Per ¾ cup serving: 128 Calories | 5 g Fat | 0.1 g Saturated Fat | 0 mg Cholesterol | 354 mg Sodium | 18 g Carbohydrates | 3.5 g Fiber | 0 g Sugar | 4 g Protein

REFERENCE: Adapted from: *From Plant To Plate.*. by Tami Bivens, R.D. and Life and Health Network